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SLEEPING and SITTING in the OPEN AIR



The National Association for the
Study and Prevention of
Tuberculosis

105 E. 22nd Street, New York City

et No. 101

Eachman.

March, 1917

Prefatory Note



This booklet is designed to take the place of a pamphlet entitled "Directions For Living and Sleeping In the Open Air," prepared by Dr. Thomas Spees Carrington, Assistant Secretary of The National Association for the Study and Prevention of Tuberculosis, in 1910 for the Metropolitan Life Insurance Company. In an effort to bring the information contained in Dr. Carrington's pamphlet up to date it has been necessary to rewrite it entirely. The work has been ably performed by Philip P. Jacobs, Assistant Secretary. Credit is also due to Miss E. A. Champlin for helpful assistance in the preparation of the drawings and to Mr. O. H. Von Gottschalk of the art department of the American Press Association for assistance in arranging material.

CHARLES J. HATFIELD, M. D.,
Executive Secretary,
The National Association for the
Study and Prevention of
Tuberculosis.

Pamphlet No. 101

SLEEPING AND SITTING

IN THE

OPEN AIR

By

The National Association for the Study and
Prevention of Tuberculosis

105 East 22nd Street
NEW YORK
March, 1917

*Fresh Air Is a Necessity of Life That Is Within
the Reach of Everyone*



*A Well-arranged Sleeping Porch Such as Is Shown Here and In
Other Illustrations In This Pamphlet Adds Greatly to the Comfort of
the Seeker For Life Out of Doors.*



*Canvas Curtains or Ordinary Awning Cloth May Be Used With Very
Little Expense to Protect One From Wind and Weather When Sitting
or Sleeping Out of Doors.*

WELL MAN

N21
1917



Anyone Can Sit or Sleep Out of Doors and Be Comfortable In the Coldest Weather.

Sleeping and Sitting In the Open Air.

I.—Value of Outdoor Air.

Fresh air is absolutely necessary to human life. You may live for some time without food, or without drink; you may go without sleep, or you may endure all sorts of pain and torture; but stop breathing for even a very short time and life leaves the body. The oxygen found in fresh, pure air is needed for almost every function of the body.

(1) Where Can the Most Fresh Air Be Secured?

A well-known authority says that a man out of doors is exposed to one hundred times more fresh air than he could possibly get in the best ventilated room in the same period of time. If this is true, you can get much more oxygen and more life-giving air out of doors than in doors. Why not sleep and sit out of doors as much as you can?

(2) Importance of Outdoor Living and Sleeping.

The importance of living and sleeping out of doors is plain. Not only does the consumptive require fresh air, but everyone who wishes to avoid consumption should have it and should have it in abundance night and day. Many people still believe that night air is harmful and that only day air is beneficial. This is nonsense. In most communities, if there is any distinction at all, it is that night air is better than day air, because it is freer from dust and other impurities. Everyone should sleep where he can get an abundance of fresh air. For children and invalids especially, outdoor air should be provided both day and night.

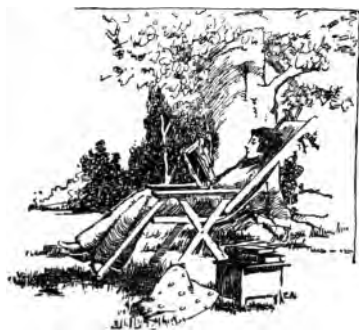


Outdoor Life on a City Roof Is Not Without Its Pleasures and Attractions.

II.—The Cure of Tuberculosis.

In the treatment of consumption, three things are especially needed; first, plenty of fresh air; second, rest taken as a medicine; third, good, wholesome food.

This pamphlet deals primarily with the first two of these essentials, namely, rest and sleep in the open air. Its purpose is to give directions how anyone, but more especially the consumptive, can make himself comfortable while sitting and sleeping out of doors, both summer and winter, whether in the city or in the country, in an apartment house, or in a detached single dwelling.



But Outdoor Life Under a Spreading Tree Is Joy Indeed.

III.—Everybody Can Have Fresh Air.

(1) The Dose Required.

While fresh air is the cheapest and perhaps the most beneficial of all medicines which a person may use, many people refuse to use it as a medicine and try to get just as little as they can in order to keep alive. People who sit all day in close, stuffy rooms, or who work under conditions of poor ventilation, must have an

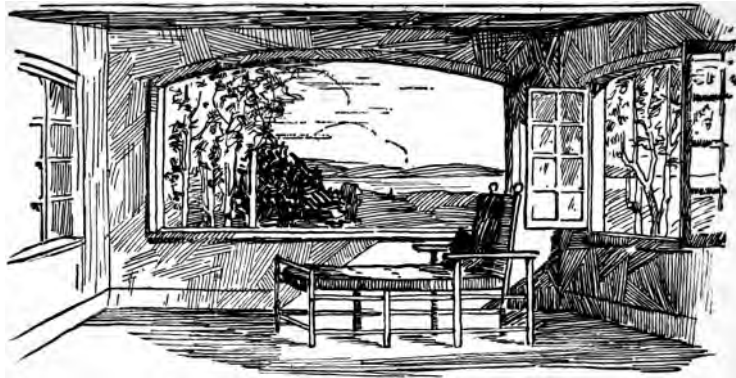
abundance of fresh air at night and during hours of recreation if they are going to keep their bodies strong and healthy. People whose resistance is weakened by disease and who must fight not only to keep alive, but to conquer the germs of tuberculosis must have extra doses of fresh air. For them it is not enough to have the daylight hours; all hours should be fresh air hours. The windows should be open, or the porch available at all times. The tuberculosis patient who tries to stay in the open air as much as possible and who faithfully follows the other directions of his physician has the best chance of recovery.



The Ideal Place to Take the Cure For Tuberculosis Is In a Sanatorium Where Every Comfort and Convenience For Continuous Outdoor Sitting and Sleeping Is Provided.

(2) How to Get It.

People who live in the large cities, where the apartment and the tenement is the common home, may find it difficult to sit and sleep out of doors, but there are ways in which this can be done and without very much expense or effort. Many of those who live in the country, however, where they can easily get an abundance of air and sunshine do not open their windows, but lock the doors and apparently try to keep out the fresh, pure, outdoor air. People in both city and country can sleep and sit out of doors in comfort, if they will follow the directions of this pamphlet.

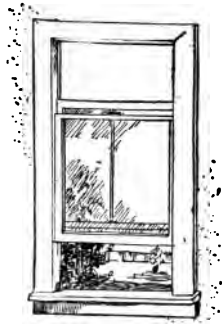


A Comfortable Reclining Chair Is a Necessary Part of the Equipment Needed For Taking the Outdoor Cure For Tuberculosis.

(3) Fresh Air For the Consumptive.

The consumptive must have plenty of fresh air. It is his medicine just the same as rest and food. But he must be comfortable while he is in the open air. If he takes this medicine of nature with too much exertion and at the expense of becoming cold and

uncomfortable, the benefit which he should get from the fresh air is lost. Anyone can be comfortable in the open air if he uses the right devices and methods.



The Right Way to Open Windows For Ventilation Is Both From the Top and the Bottom, as Shown In This Illustration.

(4) The Sanatorium and the Home.

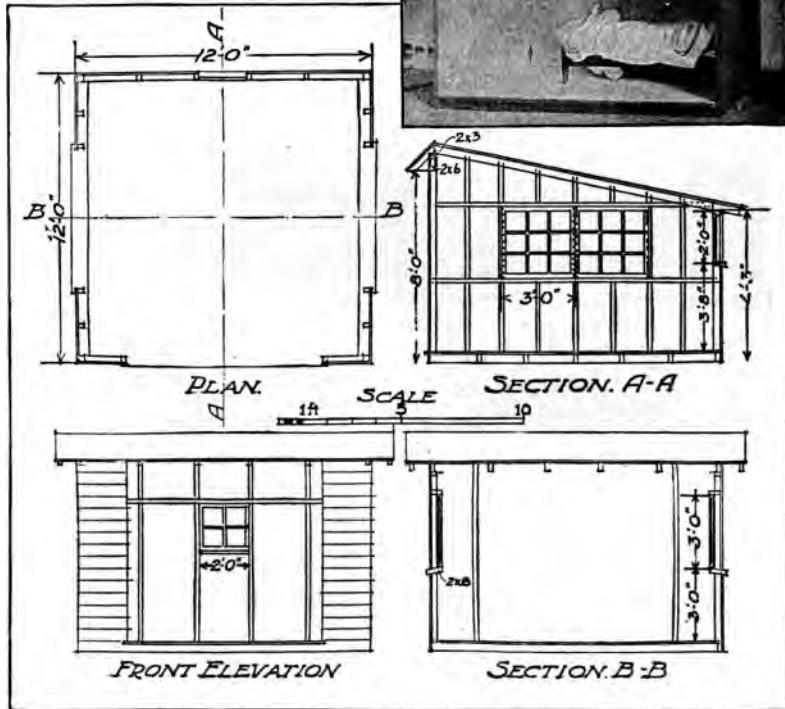
Probably the best place for the consumptive to get fresh air and rest under ideal conditions is a tuberculosis sanatorium. Here every convenience is provided for him, sleeping porches, good comfortable beds, reclining chairs, nurses and doctors in attendance, and everything else that makes it easy to be out of doors day and night. But not everyone can go to a sanatorium. Most people who have consumption must stay at



The Type of Window Here Shown Allows One to Raise the Entire Sash and Get Full Ventilation as Well as a Certain Amount of Protection From the Weather.

(Illustration by Courtesy of Dr. S. P. Free.)

home and take the cure there because there are not enough beds in institutions to go around. Tuberculosis may be cured at home, if the patient will follow the advice of his doctor and will avoid the advice of quacks and misguided friends. Fresh air, rest, and good food, the three things that go to make up the cure, can be secured anywhere in the United States. It is not necessary to go into the country if one has to do so at the expense of comfort and proper care. Nei-



Front View, Floor Plan and Elevations of a Shack For Use on City Roofs. Estimated Cost, Including Labor, \$90.

(Designed by William H. Scopes.)

ther is it necessary to go to Colorado, California, Texas or North Carolina. One may be cured of tuberculosis in New York, Boston or Chicago, provided he will do as he is told and is able to follow the directions of this and similar booklets.

Comforts For Outdoor Life

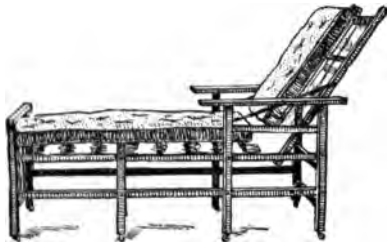


*This Is a Good Way to Arrange a Netting as a Protection From Insects.
Notice the Barrel Hoops Tied to the Bedstead.*

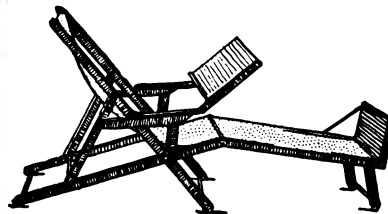


How to wrap up warmly for sitting out of doors.

First place a rug or warm quilt on the chair and over this a double blanket extended full length, letting the free end rest on the floor. Second, after seating yourself, draw up the free end of the blanket from the floor, tuck it in at the sides and spread a steamer rug or some other heavy robe over all. Be sure to have plenty of covering under you as well as over you.



*Good Type of Chair For
Sitting Out of Doors.*



*Less Expensive Type of Chair
For Sitting Out of Doors.*

IV.—Things Needed For Sitting and Sleeping Out While Taking the Cure For Tuberculosis at Home.



A Homemade Arrangement, Such as Is Shown In the Illustration, For Putting the Head of the Bed Out of the Window May Be Made by Anyone With a Little Ingenuity. Devices Similar to This May Also Be Purchased Ready For Use.

or his own reclining chair and he should have them where the most fresh air will be available.

4. The bed and reclining chair must be comfortable. At times the patient must be in bed and at times he must be up and about, reclining comfortably in a properly built chair. Comfort is absolutely essential.

5. Sufficient bed-clothing, warm but not too heavy, should be provided. The patient should also have rugs, or blankets for use when in the reclining chair.

6. The head, not the foot of the bed, should be placed

In order that the consumptive who is taking the cure for tuberculosis at home, may be comfortable, a number of things are necessary. These we mention briefly as follows:

1. A private room or sleeping porch, or both a private room and sleeping porch should be provided.

2. The patient should be protected from wind and weather and insects both summer and winter. It is not wise to sleep out of doors where the rain and snow will beat in upon one's face, or where the flies and mosquitoes will disturb sleep and rest. Comfort against these things must be provided.

3. The sleeping porch or room of the patient must have provision for a bed and a chair either out of doors or by an open window. Sometimes, as will be pointed out later, a patient cannot have a porch; but whether he has a porch or not, he should at least have his own bed



Detachable Sleeping Balconies In Various Styles May Be Purchased Ready to Attach to Almost Any House or Apartment.

(Courtesy of Korff Mfg. Co.)

near the window. The bed should not be placed, however, so as to face the light, since the light will hurt the eyes of the patient and will often prevent sleep.



A Homemade Window Tent.

Tack Two Sheets About 9 by 4 Feet to the Top of the Window Casing, as Shown In the Illustration. Fasten With Tapes at the Lower Corners to Screw Eyes Placed In the Floor. After the Patient Has Retired the Sheets Can Be Drawn Together, as Shown Here, and Fastened With a Safety Pin.

7. Provision should be made for privacy when it is needed. Either the patient should have a private room to which he may retire, or some other arrangement should be adopted of a temporary or a permanent nature.

8. A table for books, medicines, and amusement material should be handy to the bed and the chair. Everything in the room should be arranged so that the patient can get it with the least possible exertion.

9. The room or porch should if possible have a pleasant outlook. A porch which looks down upon a dirty, depressing courtyard or stable is not very pleasing to the patient who must use it hour after hour and day after day.

10. The bedroom or porch should provide some place where visitors can at times be present. While visitors are not always advisable for the tuberculosis patient, there are times when he should have them and when they act as a tonic to him.

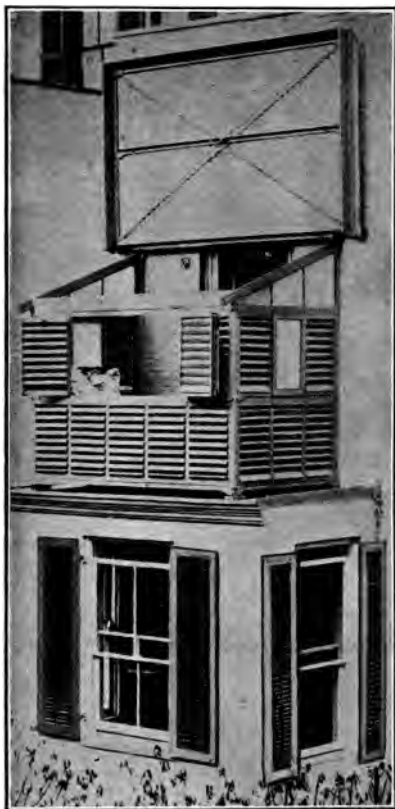


A Window Tent Showing Exterior and Interior Arrangement.
(Courtesy of Cabinet Mfg. Co.)

V.—Sleeping Out In a Big City

In a large city where house after house is joined one to another and where open spaces are few and far between, the problem of sitting and sleeping out in comfort is a little bit difficult. If the physician will not allow the patient to get up and walk in a park, which may or may not be conveniently located, he must

find some place to be out of doors during the daytime in his own apartment. Most tenement and apartment houses in our large cities have no provision whatever for sleeping out of doors at night. The problem, therefore, is to find some place where the patient can secure plenty of fresh air both day and night and at the same time not be forced out of his apartment or tenement house home. There are a number of ways in which this can be done.



The Starnook, a Wall House Designed by Dr. S. A. Knopf. The Roof and Shutters May Be Closed In Stormy Weather.

(1) Adjustment of Windows.

When tuberculosis strikes the working man's family in the large city, he should if possible endeavor to get an apartment in the front of a building where there is as much open space as possible and the outlook is as desirable as can be afforded. If no structural changes can be made, the patient should be given the airiest room, the one with the most windows. It is not desirable nor possible in most cases to take the windows out entirely, but they should be fixed so that

they can be opened comfortably at all times day and night. A fresh air window equipment invented by an Iowa physician can be attached to almost any window sash, and provides for openings both top and bottom and also provides for screens to keep out flies and insects. Deflectors and ventilators can be secured to

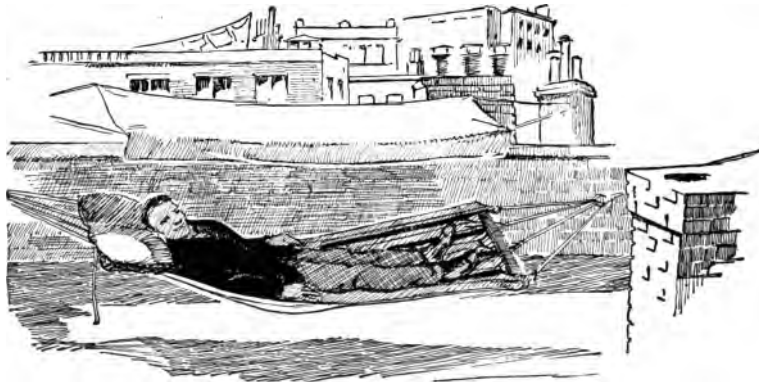
keep the wind from blowing too strongly upon the patient. Where a bed is placed in a corner between two windows, which is a most desirable arrangement, and where it is placed alongside of a window, an ordinary cloth screen, not more than four feet high can be placed between the head of the bed and the window to keep off the draught. The windows should always be opened both from the top and bottom in order to give proper ventilation. Opening the windows is the least that anyone can do in the treatment of tuberculosis and usually it is not enough, since the patient, even when the bed is pushed right up to the open windows, does not get as much of the fresh air as he should receive.



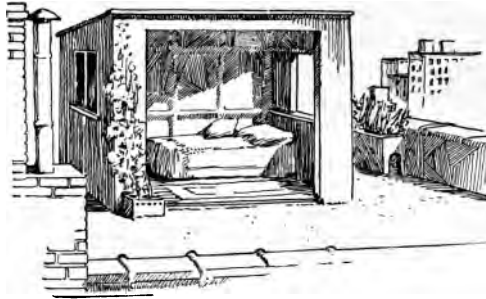
A Simple Wall Tent on an Ordinary Tenement House Roof.

(2) Sleeping Balconies.

It is easy to make or buy a number of different kinds of detachable sleeping balconies, which can be adjusted to almost any window in a city or town apartment, and which can be removed when the family desires to locate elsewhere. These balconies are of various kinds. Some of them provide for sitting and sleeping out of doors both day and night; others are only for a bed that can be projected through the window; and still others provide merely for sitting out during the daytime. Descriptions



A Hammock Is Not the Most Desirable Equipment For Outdoor Life, But on a City Roof It Sometimes Is of Value For Recreation and For a Change.



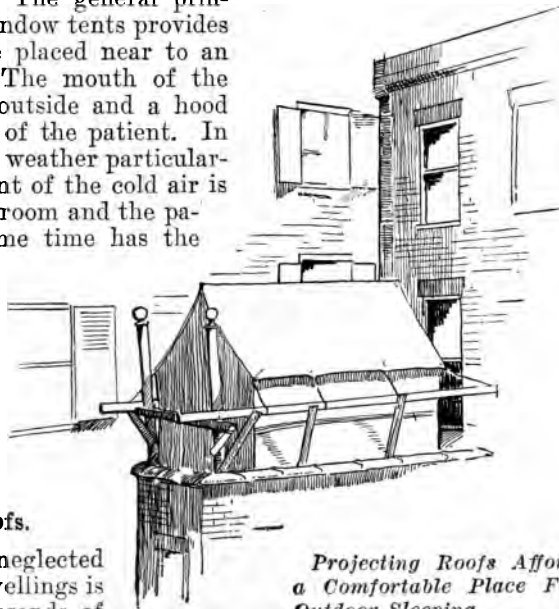
An Inexpensive Shack Which May Be Made of Wood or Sheet Iron, In Which the Patient May Sleep and Sit During Most of the Day.

of some of these balconies are given in the accompanying illustrations. (See page 9.) The prices of such balconies vary from a few dollars up to almost one hundred dollars. If the patient has no comfortable place to sit out of doors, it is preferable that he get one that will provide for both night and day use. Sometimes a fire-escape can be adapted to outdoor

sitting and sleeping with very little expense and at no risk or inconvenience to other inhabitants of the apartment.

(3) Window Tents.

As a cheaper method of sleeping out of doors but not for sitting out, the window tent is possible. There are a number of excellent makes of window tents on the market which can be purchased for prices ranging from five to six dollars up to about fifteen dollars. The general principle of these window tents provides that the bed be placed near to an open window. The mouth of the tent is opened outside and a hood covers the head of the patient. In this way, in cold weather particularly, a large amount of the cold air is kept out of the room and the patient at the same time has the benefit of outdoor sleeping. Such a tent is very valuable where no other method of outdoor sleeping can be secured. (See page 10.)

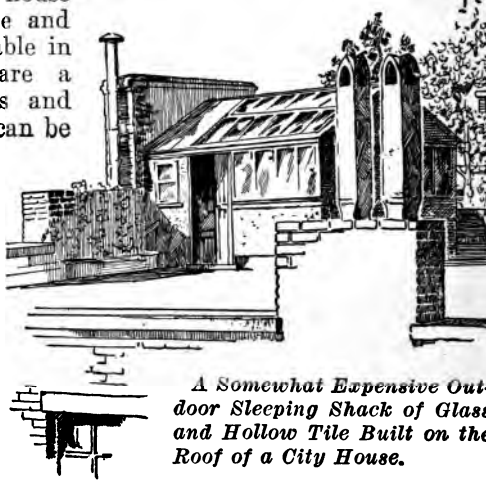


Projecting Roofs Afford a Comfortable Place For Outdoor Sleeping.

(4) Use of Roofs.

One of the neglected spaces in city dwellings is the roof. Thousands of

acres of roof space which might well be adapted to outdoor sitting and sleeping go to waste every day of the week. Where the main roof of the apartment or a projecting roof of an adjoining building can be secured, the consumptive can easily make himself comfortable and secure plenty of good, outdoor air. The use of an ordinary tent or a tent house on a roof is practicable and has been found serviceable in many cases. There are a number of tent houses and portable dwellings that can be used for this purpose. These can be purchased at moderate prices ranging from a few dollars up to a hundred dollars or more. Some of the adjustable sleeping porches mentioned above can also be adapted for use on a projecting roof and have been found to be much more comfortable when used in this way than under other circumstances. The roof also provides an excellent place for the reclining chair during the daytime and can be adapted and made to be a garden spot by any patient of ordinary ingenuity.



A Somewhat Expensive Outdoor Sleeping Shack of Glass and Hollow Tile Built on the Roof of a City House.

(5) Yards.

Now and then even in the largest cities of the United States a yard or court can be secured for taking the cure. Happy the patient who has one. Here a tent, bungalow, or shack can be fitted up at comparatively small expense and the home sanatorium can be made as comfortable as one could wish. A great variety of portable and other buildings have been devised or can be erected for this purpose. Typical shacks and tents are shown in the accompany illustrations. (See page 18.)

(6) Sleeping Porches.

A few people in the larger cities and more people in the smaller cities can find sleeping porches ready to hand, or easily adaptable for taking the cure for tuberculosis. In other instances, a porch can be built at small expense and with very little labor and attached to the corner or some part of a house or apartment. Accompanying illustrations show a few porches of this character. Sleeping porches have been built by ingenious patients for as little as eight or nine dollars, while, on the other hand, some of the more expensive may cost as much as \$1000. Even in the largest

cities, where a back porch is provided, a sleeping shack or cabin, such as is shown in one of the illustrations, can be fitted up. (See pages 20 and 23.)

VI.—Sleeping Out In a Small City or Country Town

The problem of the consumptive who wishes to sleep out in the more open spaces of a small city or country town is essentially the same as that of his neighbor who dwells in the tenement house of the large city. He has, however, many advantages which the city dweller



A Homemade Lean-to on a Tenement House Roof. The Entire Cost of Construction Was About \$5. Most of It is Made From Pieces of Packing Boxes.

lacks. It is much easier to make oneself comfortable and to get plenty of fresh air in the less crowded country town or small city than in the apartment or tenement of the metropolitan district. A few suggestions in addition to those which have already been given should prove helpful.

(1) The Use of Windows.

To the consumptive who lives in the small city, the windows can more often be adapted for treatment in the bedroom than to the person who lives in the apartment house of a large city. In the small town a corner room is frequently available. Here be-

tween two windows one can easily arrange the bed or chair and provide a maximum amount of fresh air and comfort at the same time. The windows can frequently be taken out or arranged as suggested above. (See pages 6 and 21.) Because of the freedom from noise and intrusion, there is more possibility for good ventilation, light and air.

(2) Sleeping Porches.

There is hardly a detached house in the small towns or cities of this country which has not some sort of porch that can be



Sleeping Porches on the East River Homes, Model Tenements, Designed Especially For Tuberculosis Patients.

adapted to outdoor sleeping. Oftentimes only a curtain is necessary, or at little more expense, a porch screen or some sort of Venetian blinds or even canvas awning might be needed. But where privacy and comfort cannot be secured on an ordinary porch and where the various essentials which have been mentioned before are not obtainable, it may be desirable to build a sleeping porch. Almost any upstairs bed room window can be used as an entrance to a sleeping porch which can be attached to the dwelling house and taken down whenever it may be necessary. The expense of building such

porches can be kept to a very low figure if it is so desired.

(3) Window Tents and Sleeping Balconies.

The window tents and sleeping balconies which have been mentioned for use in the city can also be adapted to country homes with equal ease. Where, however, the detached dwelling provides an opening for a sleeping porch, however crude it may

When It's Below Zero You Need Things Like These



Fiala Sleeping Suit, Invented by Anthony Fiala, the Arctic Explorer. The Suit Is Made of Gray Wool, Somewhat Similar to a Sweater, Fleecy on the Outside, so Designed as to Prevent Binding. Weight of the Garment Is About One and Three-quarter Pounds. (Courtesy Rogers Peet Co.)



The Kenwood Rug Designed For Outdoor Sleeping and Sitting. (Courtesy F. C. Huyck & Sons.)



A Typical Sleeping Bag. (Courtesy F. C. Huyck & Sons.)



Some "Comfy" Footwear For Cold Weather. (Courtesy W. C. Leonard.)

be, this is preferable to almost any kind of window tent or sleeping balcony that can be purchased ready-made.

(4) Yards.

The sleeping porch may oftentimes be found of value for outdoor sleeping at night and the yard adapted for sitting out during the daytime. This not only provides more comfort, but gives a desirable variation. It also allows the family to ventilate and disinfect the sleeping quarters of the patient. Precautions should be taken, however, to see that the patient's bed and quarters are kept separate from those of the rest of the family and that no one else uses them.



An Ordinary Tent In an Open Court Between Two Tenement Houses Makes a Comfortable Place For Taking the Cure. A Wooden Platform Raised at Least Two Inches From the Ground Should Be Provided For the Bed.

VII.—Some Suggestions For Clothing and Bedding

(1) Cold Weather Comforts.

An expensive bed is not necessary in taking the cure for tuberculosis. An ordinary iron bedstead, three and one-half feet wide, with a moderately thick mattress is all that is necessary. For real cold weather, some heavy paper or woolen blankets put under the mattress, or possibly two mattresses, one on top of the other, are desirable. The object of these is to keep out the cold from under the patient. Heavy blankets and comfortables should be avoided. While good woolen blank-

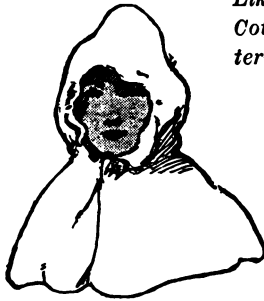


An Inexpensive Shack Covered With Sail Cloth, the Entire Cost of Which was about \$5. Attached to the Corner of a City House.

To Protect Your Head



Some Styles of Sleeping Hoods to Protect the Face and Ears. You Can Make One Like These With a Piece of Cotton Flannel or Other Material.



"The Black Knight" Is a Piece of Stockingette With Elastics Going Over the Ears. For Those Who Sleep Out of Doors and Who Are Troubled by Early Morning Light a Device of This Character Is a Great Comfort and Tends to Promote Long Sleeping.

(Courtesy Night Mfg. Co.)



A Comfortable Sleeping Porch With Glass and Sash Protection Built on a Tenement House. The Entrance Is Through Window.

ets are some what expensive for the first cost, they wear so much longer than other blankets that they are very much cheaper in the long run and they are much more comfortable for the patient. Paper blankets can be purchased in a few places and if used between woolen ones are both light and warm. In very cold weather a sleeping-bag is especially desirable. Sitting-out bags or warm rugs should be provided for day use. These bags can be purchased for from twelve to fifteen dollars. If your head and shoulders are apt to get cold, wear a helmet or sleeping hood that comes down over the shoulders. The mouth and nose should never be covered so as to prevent free breathing. In cold weather, it is desirable to wear light woolen undergarments in addition to your nightgown or pajamas, and, if your feet get cold, to use a pair of heavy woolen bed socks. A hot water bottle, preferably of metal or of earthenware will also be found comfortable. Electric blankets can be secured for those who suffer very much from the cold.

(2) Sleeping Out at 40 Below.

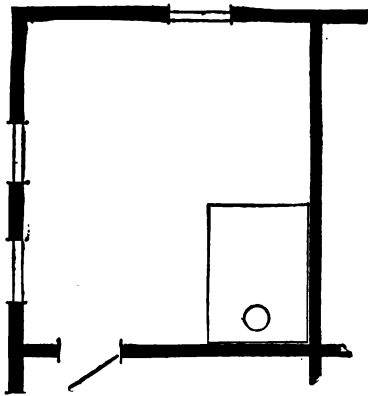
It is not at all difficult to be comfortable in the coldest weather. Patients in such resorts for consumptives as Saranac Lake or Gravenhurst, Ontario, for example, sleep out of doors with the thermometer at thirty or forty below zero and enjoy the cold. The object of clothing whether in sitting or sleeping out of doors, especially in cold weather, is to retain the heat which the body produces. One should not wear more clothing than is necessary, but he should wear enough to keep warm and comfortable.

(3) The Reclining Chair.

A comfortable chair that will not sag in the back is



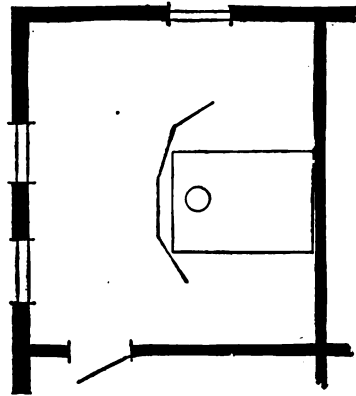
A Sleeping Cabin On a Tenement House Porch. The Awnings on Three Sides May Be Raised or Lowered to Keep Out the Weather. This Is an Inexpensive Arrangement When a Back Porch Is Available.



The Wrong Way to Put a Bed In a Room.

Practically no circulation of air can be secured in the corner where the sleeper's head is. Even with all of the windows open this is an undesirable arrangement. (See pages 9 and 15.)

absolutely necessary in sitting out of doors. A rocking chair is not good. A Morris chair sometimes can be adapted, but it is better to get a special reclining



The Right Way of Placing a Bed In a Corner Room.

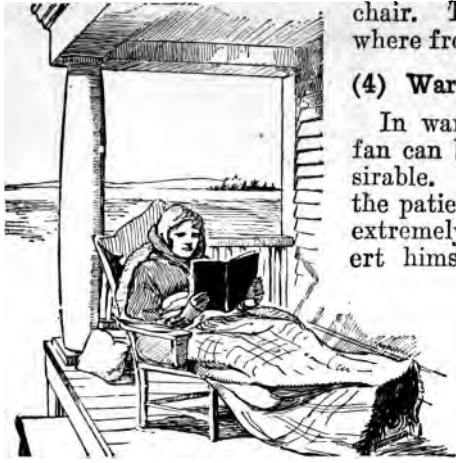
The head of the sleeper is indicated by the circle. The lines around the head of the bed indicate a possible arrangement for an ordinary four foot screen which may be used in severe weather to keep off excessive drafts. In some cases it is desirable to push the bed nearer to the windows so that more air may be available.



Curtains Made Out of Any Kind of Cloth May Be Used to Secure Privacy and For Protection From Weather, and In This Way a Sleeping Porch Can Be Arranged at Practically No Expense.



An Inexpensive Adaptation of a Tenement House Back Porch For Living and Sleeping.



If a Special Sleeping Porch Cannot Be Arranged, Any Porch Can Be Used For Outdoor Sitting and Sleeping. The Main Thing Is to Be Out of Doors and to Be Comfortable. A Little Ingenuity Will Provide Comfort.

galows indicated in this pamphlet can be provided with screens. Since the fly is both uncomfortable and a menace to the health of others, every effort should be made to keep flies away from the patient who has tuberculosis.

VIII.—Manufacturers of Outdoor Sleeping Devices.

Patients who have tuberculosis will frequently wish to get in touch with manufacturers who can supply some of the devices indicated in this pamphlet. A selected list of such is given below. The Journal of the Outdoor Life, a monthly

chair. These can be secured anywhere from \$2.50 up to \$15 or \$20.

(4) Warm Weather Comforts.

In warm weather, if an electric fan can be provided, it is most desirable. At times, especially when the patient has a temperature, it is extremely dangerous for him to exert himself by fanning. Screens and netting to keep out the flies and mosquitoes should also be provided. The bed can be screened in at night where mosquitoes are in evidence in some such way as is shown in the accompanying illustration. (See page 8.) Practically all of the detachable balconies and portable bun-



A Sleeping Porch Built Over the Roof and Arranged so as to Match the Architecture of the Rest of the Building.

magazine devoted largely to patients taking the cure for tuberculosis will gladly furnish information about these firms, and about devices or supplies needed in the treatment of tuberculosis. This magazine may also be recommended to any persons who read this pamphlet. The subscription price is \$1.50 per year; single copies fifteen cents each. The address is 289 Fourth Avenue, New York City.



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A.—Manufacturers of Sleeping Porches, Sleeping Balconies and Window Tents.

Amer. Storage, Furniture & Exp. Co.,
Chicago, Ill.

Korff Mfg. Company, Lansing, Mich.

Cabinet Window Tent Company, Springfield, Ohio.

Cabinet Mfg. Company, Quincy, Illinois.

Des Moines Sleeping Porch Company,
Des Moines, Iowa.

Kny-Scheerer Corporation, New York, N. Y.

A Homemade, Inexpensive Sleeping Porch Attached to the Back of an Ordinary Frame Dwelling, With a Canvas Tent Arranged For Outdoor Sitting and Sleeping.

B.—Manufacturers of Shades, Screens, Windows, Ventilators, Etc.

Dr. S. P. Free, Perry, Iowa.

Hough Shade Corporation, Janesville, Wisc.

Aeroshade Company, Waukesha, Wisc.

Ideal Ventilator Co., Providence, R. I.

J. G. Wilson Manufacturing Co., New York, N. Y.

C.—Manufacturers of Portable Houses, Tents, Bungalows, Etc.

Close-To-Nature Company, Colfax, Iowa.

E. F. Hodgson Co., Boston, Mass.

R. L. Kenyon Co., Waukesha, Wisc.

Koll Portable Bldg. Co., New
York, N. Y.

Strong Bungalow Co., Hart-
ford, Conn.



*A Grape Arbor In the Back
Yard Adapted to the Outdoor
Life. The Piece of Arning
Cloth at the Back of the Patient
Can Be Shifted to Any Position
to Keep Off Too Much Wind or
Weather.*



*Another Inexpensive,
Arrangement For a
Sleeping Porch on an
Ordinary House Such
as Will Be Found In
Almost Any Small
Town or City In the
United States.*

D.—Manufacturers of Sitting and Sleeping-Out Garments and Supplies.

Dr. Denton Sleeping Garment Mills, Toledo, Ohio.

F. C. Huyek & Sons, Albany, N. Y.

Rogers, Peet Company, New York, N. Y.

Babcock & Shannon Company, Albany, N. Y.

Cabinet Mfg. Co., Quincy, Ill.

W. C. Leonard & Co., Saranac Lake, N. Y.

Geo. L. Starks & Co., Saranac Lake, N. Y.

Way-A-Head Co., Carthage, Ill.

Fresh Air and How to Use It



Those who are interested in securing further information in regard to the subject of outdoor living are referred to a book entitled "Fresh Air and How to Use It," by Dr. Thomas Spees Carrington, published by the National Association for the Study and Prevention of Tuberculosis, for \$1. This book of 250 pages, with 150 illustrations (bound in cloth), is a complete handbook on the subject of outdoor living and sleeping. It contains information on ventilation, window tents, wall houses, porches, bungalows, tent-houses, screening of porches, clothing and bedding and a great many other subjects.



**The National Association for the Study and
Prevention of Tuberculosis**

**105 E. 22d Street,
NEW YORK**

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